Longer sequence work

Today we are going to work on a bit of a longer sequence work. Lets not forget our ultimate goal with the Floreio practice is to be able to flow freely on the ground, using our body and the space around us to create this physical expression. On the way we get many physical and mental benefits, not unlike other flow practices like Yoga or some forms of movement or dance.
Keep practicing with this mindset. Try to pause as little as you can during the prescribed sets and reps and make sure not only the movements themselves are under control and flowing but also the transitions. Do not let your breath stop for long periods of time, usually it is advisable to breath through the movements, and let the natural connection between breath and movement occur - if a movement expands your ribcage - breath in, (as in entering a back bridge) and when a movement compresses your upper body breath out. (as in entering a squat) This is just a general recommendation, when actually the exact opposite should also be understood, practiced and made possible. When flow is the ultimate goal, changes in speed, movement patterns, breathing, etc.. is not only a possibility but a certainty, so do not limit yourself.

Corta Capim Rotations Into Bridge Rotations With QDR Slide Out

Corta Capim Rotations Into Bridge Rotation With QDR Exit

Start in a squat. Perform 3 Corta Capim Rotations and continue the last Corta Capim until the moving leg is behind you, pointing back in a straight line. While doing so, place the same side hand, with fingers pointing back at you in front of you on the floor. From this position, hop into both feet, (flat feet on the ground) and start the Rotation Into High Bridge With QDR Exit.
Simple, for the ones of you who already mastered the previous movements, if you haven't, you have no business training this Floreio piece yet, dedicate your time to perfecting the basic skills, as I have outlined them here from the first Floreio Art workout.
Build up to it, and you wont get injured, frustrated with the practice and finally.. leave it. Flowing is not easy, but it is well worth the effort to be able to move in space in such a graceful, dominant, strong and flexible way. Put in the time and work and I am sure you wont regret it.

Workout Beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 10-20 sec X 3 sets / 45-60 sec of rest

Floreio
C1. Head Bridge To QDR Work (choose the variation you are capable of) 10-20 reps / 3 sets / 60 sec
D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest
or
D1. High Bridge Static Hold 30 sec
D2. Rotations Into Arch Using The Wall X 10 reps / 3 sets / 60 sec rest after D2
E1. Corta Capim Rotations X 15 reps per side / 3 sets / 60 sec

Conditioning
F1. 90-90 Iso Pull Up Hang 10-20 sec
F2. Gatherings Beginner Variations 10-15 reps
perform 5 sets resting 90 sec after F2

Prehab
G1. Scapula Mobilization Routine X 2 sets / 60 sec rest

Workout Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

Floreio
C1. Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec
D1. Corta Capim Rotations X 30 reps per side / 3 sets / 60 sec

Conditioning
F1. 90-90 Iso Pull Up Hang or rope assisted 90-90 One Arm Iso Chin Up Hang 10-30 sec
F2. Gatherings Intermidiate Variations 10-15 reps
F3. Gatherings Beginner Variations 10-15 reps
perform 5 sets resting 90 sec after F2

Prehab
G1. Scapula Mobilization Routine X 2 sets / 60 sec rest

Workout Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 35 sec
B2. Handstand Straighten Into Line X 50 sec total work
Complete 2 cycles of B1-B2, resting 60 sec between exercises

Floreio
C1. Corta Capim Rotations Into Bridge Rotation With QDR Exit 10 reps / 3 sets / 90 sec

Conditioning
F1. 90-90 One Arm Iso Chin Up Hang rope assisted or one arm only 10-20 sec
F2. Gatherings Advanced 10 reps
perform 5 sets resting 90 sec after F2

Prehab
G1. Scapula Mobilization Routine X 2 sets / 60 sec rest